

ABSTRACT

➤ Title:

Comparison of coordination and condition abilities of young karate youth and the other school youth.

➤ Goals:

To compare level of coordination and condition abilities by three groups of probands from the same place of a small town, where the first group regularly attends Kyokushinkai trainings, the second group regularly sports and the third group does not any sport in any sport club.

➤ Methods:

The whole group was divided into 3 subgroups: sportsmen, who have trained fullcontact karate – school of Kyokushinkai, sportsmen, who do actively any sport (football, floorball, table tennis, et.) and youth, who do not any organized sport activity.

I measure the motory efficiency by the UNIFITTEST (6-60) and level of coordination abilities by project of Kohoutek et. (2005).

➤ Results:

It was proved that regular sport activity has a positive influence to a condition and coordination ability. Also it was proved that youth practicing regular trainings of martial arts of Kyokushinkai karate have higher level of tested motory abilities than their school mates who practice other organized sport. It is obvious that karate training and other sport activities have a positive influence to a motory ability level. I consider karate training to be a sport which develops complexly coordination and condition abilities. Also it was proved the youth who do not any sport activity reached mostly results under average.

➤ Key word:

Conditional abilities, coordinational abilities, Kyokushinkai karate, sportsmen regularly attending training, youth, who do not any sport, puberty.

